

Indian Vegetable and Rice Skillet Meal

Makes: 10 servings

Ingredients

2 teaspoons vegetable oil
1 onion (chopped)
1/2 teaspoon ground ginger
1/2 teaspoon turmeric
1/2 teaspoon cumin
2 cups mixed vegetables (chopped cauliflower, peppers, carrots, or peas)
1 baking potato (large)
1 cup white rice (uncooked)
2 1/2 cups water
1 can kidney beans (15 ounces, drained, rinsed)
1/2 teaspoon salt (optional)

Directions

1. Heat oil in a large skillet over medium heat.
2. Add onion, ginger, turmeric, and cumin, and stir while cooking for 1 minute.
3. Add remaining ingredients. Bring to a boil, cover, and reduce heat.
4. Simmer 20-25 minutes. Serve hot.
5. Refrigerate leftovers with in 2-3 hours.

Oregon State University Cooperative Extension Service, Healthy Recipes

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	160	
Total Fat	1.5 g	2%
Protein	5 g	
Carbohydrates	32 g	11%
Dietary Fiber	5 g	20%
Saturated Fat	0 g	0%
Sodium	5 mg	0%